



THE POISE

Inaugural Issue: November 2023

Dear All

With immense pride and pleasure, we present the first edition of our school's e-magazine "The Poise", a guide to balanced personality. This ground-breaking initiative, conceived, written, edited, and published entirely by our talented students under the vigilant guidance of our teachers, marks a significant milestone in our school's journey towards holistic education. This e-magazine not only imparts valuable lessons in manners, etiquette, civic sense, and grace, but it also showcases our students' dedication to personal growth.

The fact that this is the first of its kind in Jaipur makes it all the more remarkable, as it not only helps our students groom better but also enables the larger community to learn and develop their own personalities. Our e-magazine aims to foster better human beings, creating a positive impact that extends far beyond the boundaries of our school.

Congratulations to all the students and staff members involved in this endeavour, and let us all embrace this remarkable e-magazine as a catalyst for personal growth and the betterment of society.

CONTENTS

- The Prayer
- Dental health and hygiene
- Book Review
- Crossword Puzzle - Good Manners

Society:

- Civic Sense
- Personality Development
- Unleash the Power of Personality
- व्यक्तित्व का विकास
- Say Hello to Winters
 - Skin Care
 - Healthy food
- Mind Boggles
- The Editorial Board

The Prayer

Prayer holds a profound significance for many individuals due to its multifaceted benefits. It serves as a conduit for establishing a connection with the divine. For those who follow religious or spiritual paths, it's a means to seek guidance, express gratitude, and draw strength from a higher power. This connection fosters a sense of purpose and direction in daily endeavours. Moreover, prayer cultivates mindfulness by assimilating one's thoughts and emotions on specific intentions or reflections. By engaging in this practice, individuals can enhance their focus, promote self-awareness, and live more consciously.

The act of praying before every undertaking fosters a deep sense of gratitude. It enables people to acknowledge the blessings and opportunities that often go unnoticed in the rush of life. This expression of gratitude instils humility and encourages a positive outlook, ultimately contributing to emotional well-being. Additionally, prayer empowers individuals with the tools to navigate challenges and make informed decisions. By seeking divine guidance, they gain insights and clarity that aid them in overcoming obstacles and making choices aligned with their values.

Lastly, the practice of praying before everything is often rooted in cultural and traditional norms. This ritual not only connects individuals to their heritage but also fosters a sense of unity within communities. Group prayers before events or activities provide a shared space for collective intention-setting, promoting a sense of belonging and camaraderie. Beyond the religious aspect, prayer becomes a source of solace, offering a refuge for those seeking calmness, peace, and hope in the face of life's uncertainties. Whether driven by faith, tradition, or personal growth, the act of prayer before everything continues to resonate as a meaningful practice for many.

Never get tired of praying

Because
God is always
LISTENING



The Earth does not belong to man. Man belongs to the Earth.

Put trash in the dustbin.

Close taps if found dripping.

Switch off lights and fans when leaving your class.

Smile That Shines

‘You are never fully dressed without a smile’

– *Martin Charnin.*

Having teeth and the ability to use them in a smile is something we all have in common. The power of a smile makes it even more essential to look after our pearly teeth with immense care and caution. The transformative power of a smile instils positivity and confidence in a person. What is indeed remarkable is that our lips can brighten up someone’s day and set the tone of the day. A sense of warmth, happiness and positivity is spread through a genuine smile.

A radiant smile not only reflects confidence but also impresses upon healthy teeth and gums. Overall health can be easily related to oral health. Our mouth is the channel through which nutrition and hydration enter our body. Far reaching consequences on our overall health have been observed due to the neglect of our oral health and hygiene. Our digestive system starts from the mouth and therefore maintaining good oral health is the key to a healthy body and mind. Oral health and hygiene have therefore been much emphasized since our childhood days. Dentists insist that neglect of oral health from an early age can lead to several health issues like heart disease, diabetes, stroke and respiratory infections.

Best practices to keep your teeth healthy and radiant for a lifetime:

- Regular brushing and flossing, avoiding tooth decaying elements like sweets and beverages other than water can ensure that our teeth can serve us for a lifetime.
- After meals, use, a daily fluoride toothpaste, at least twice a day. It can remove plaque and bacterial coating on the teeth and the gums.
- Flossing is also required to reach out to areas between the teeth and along the gumline. This can control plaque and cavities that happen due to tooth decay.
- Brushing correctly by taking enough time moving the brush up and down.
- Tongue needs equal attention. Plaque can also build up on the tongue. It leads to bad mouth breath. Gently brush the tongue with a tongue cleaner.
- Mouthwash can reduce acid in our mouth, cleans hard to brush areas in and around the gums and re-mineralizes the teeth.
- Water is the best beverage.
- Eating fruits and vegetables that are harder to eat and contain healthy fibre should be given to young children to eat. Get the jaws working. Avoid mushy processed food.
- Sugar content in food to be restricted to reduce acidic content that corrodes the tooth enamel.
- Visit your dentist at least once every six months.

To watch the student’s presentation, click on the image given below:



Script of enactment
Aakshi Dadhich (VB)

Artists

Anjali Gupta (IX)

Divyajot Kaur (IX)

Narrator

Aadya Gigin (VIB)

BOOK REVIEW

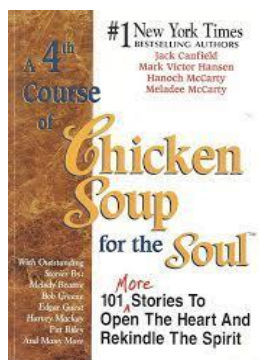
TITLE: ‘A 4th course of Chicken Soup for the soul’

Authored By: Jack Canfield, Mark Victor Hansen, Hanoch McCarty, Meladee McCarty

Publisher: Westland Books Pvt. Ltd.

Year of Publication: 1997

Price: ₹ 225

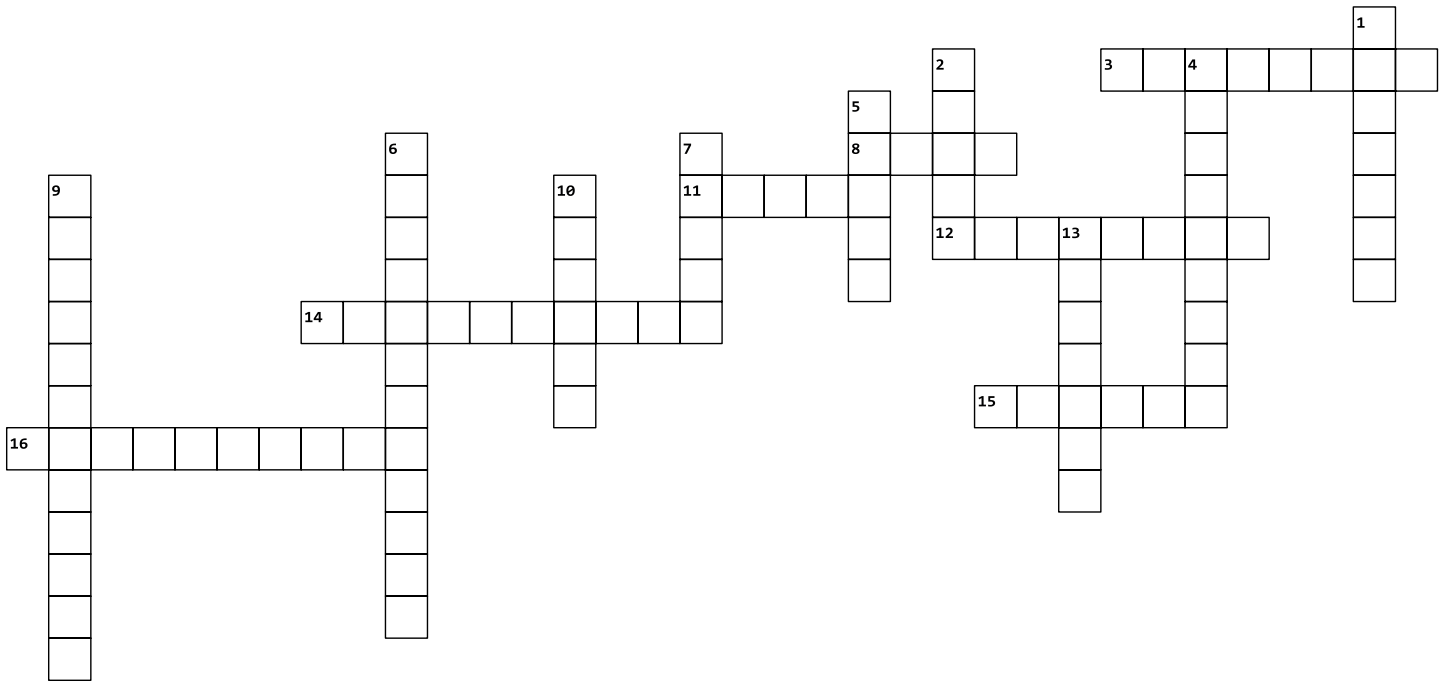


Jack Canfield and Mark Victor Hansen are professional speakers teamed up with Hanoch McCarty and Meladee McCarty. These inspiring authors have together delivered time –tested recipes for success and happiness, fresh anecdotes of sharing and caring and savoured stories narrating

honesty, integrity, respect and self-esteem. You can find heartwarming stories on your favourite topics – love, parenting, teaching and learning, death and dying, perspective, attitude, overcoming obstacles and wisdom. For instance, there is a story for ‘love about being ‘beautiful on the inside’ where Pamela. J de Roy tells us about an incident where she taught her daughter the importance of being kind to people. She explains that you never have to take it away from one person to give to another. There is always more than enough to go around.

Niyati Jangir (X)

Good Manners – Scratch your Mind



Across

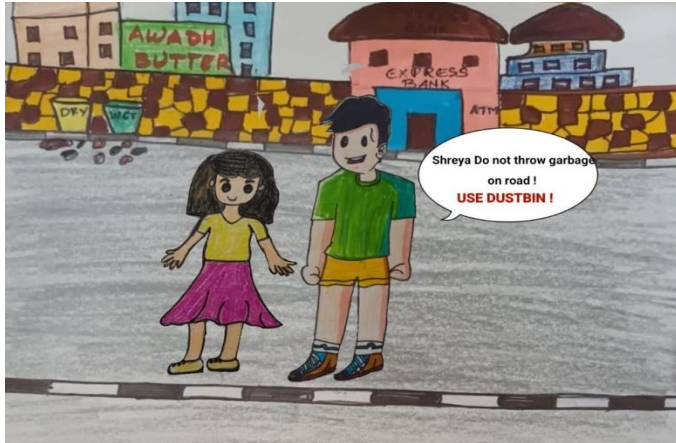
- 3.** Say _____, when someone helps you.
- 8.** If your parents ask you to do something, you should _____ them.
- 11.** _____ your seat to the elderly in buses.
- 12.** Who should you respect?
- 14.** You use this to trim your nails.
- 15.** Used in polite requests.
- 16.** For oral health, you should do it twice a day(2 words)

Down

- 1.** You maintain a good _____ by sitting straight.
- 2.** While moving outside your classes always form a _____
- 4.** How we should sit in class?
- 5.** To apologize, you should say a_____.
- 6.** Before eating food, it is necessary to do this for hygiene. (2 words)
- 7.** _____ your mouth when you cough or sneeze.
- 9.** A square piece of cloth or paper used for cleaning the nose or for wiping the eyes when they are wet with tears.
- 10.** You do this when other people are speaking.
- 13.** You should _____ your elders.

Road safety

Although discipline and manners are necessary for all round development, they are even more prominently required in public. These traits determine the social behaviour of a person and a dearth of such attributes reflects poorly on the person.



Any acts which are not generally or socially desirable and create trouble for others come in the category of bad Civic Sense. Civic sense indicates social responsibilities and etiquettes that people should keep in mind while in public or interacting with society. Some are like speaking loudly in public, jumping the queue or red light, blocking others in free movement, littering etc.



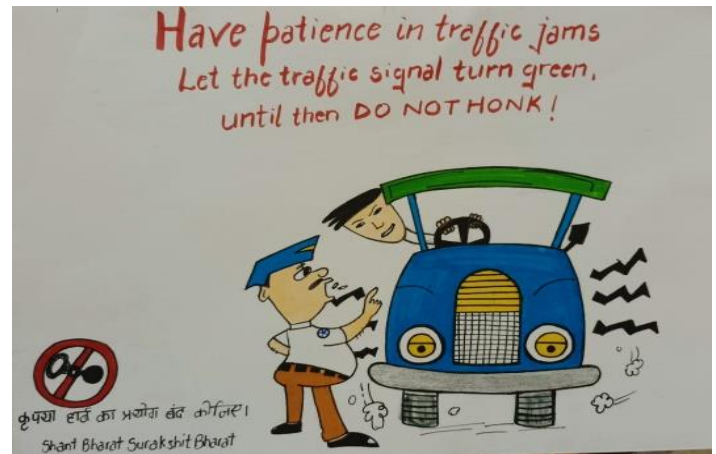
Examples of bad Civic Sense include bad parking, using phones to breach privacy of others, talking or laughing. Such things create disorder and disturb harmony in the society at large. We owe to our society and its our duty to make it better by establishing order, harmony and peaceful co-existence. Civic sense is one of the most important tools that we may use to achieve such a goal.



ROAD SAFTY

Road safety has been a matter of serious concern for some years now. The government has been tirelessly working on bringing about civic consciousness among the people about the movement on the roads whether of the vehicles or of the pedestrians.

If we consider fatalities on Indian roads into perspective, on an average we lose one small town every year which is equivalent to 1.3 lakh deaths (Source: population as per census 2011, ministry of road transport and highway).



Road Safety Tips:

1. Don't drive if you are drunk or are feeling sleepy.
2. While you can enjoy the music in your vehicle, don't get lost in it or in your mobile.
3. Keep a safe distance from the vehicle ahead of you as you could collide if the other driver is forced to apply sudden brakes.
4. Obey signs and signals.
5. Seat belts are meant to be used.
6. Use standard helmets while riding two-wheelers and don't carry more than one adult pillion rider.
7. Do not carry persons on the bonnet of a motor vehicle.
8. While walking, check all the sides before crossing the street.
9. When there is no pavement, walk on the left facing traffic side.

Article-**Kamakshi Gupta (VIII)**

Sketch contributors:

Shreya by **Nidhi Dhanawat (VII)**

Henry by **Aditya Arora (VA)**

Kenje by **Pulkit Bhatia (VII)**

Unleash the Power of Personality

Personality Development should start early in a student's life which is a true reflection of their inner being. It can be defined as an asset of traits that shapes the inner and outer being in a person with organized pattern of behaviour that makes a person distinctive. Character, behaviour, attitude and environment are some of the qualities that shape an individual's personality. It helps gain confidence, self-esteem and positive impact on one's communication skills and the way one sees the world. Students should develop an outgoing and impressive personality that will enhance the quality of learning.

Samyak Thakur, V-A

व्यक्तित्व का विकास

व्यक्तित्व में शरीर की भाषा की अहम भूमिका है। व्यक्तित्व (Personality) एक ऐसी गुणवत्ता है जो हर इंसान के व्यवहार के बारे में सब कुछ बताता है,

→ **व्यक्तित्व विकास क्या है-**

इसका मतलब है व्यक्तित्व को उभारना या विकास करना। अपने निजी व्यवहार, नज़रिया, प्रस्तुति का तरीका, लोगों से बात करने का तरीका और ऐसी बहुत सी चीज़ों को उभारना होता है।

→ **संचार कौशल को कैसे सुधारें-**

आप लोगों से किस तरह से बात करते हैं, इससे आपकी व्यक्तित्व पर बहुत फर्क पड़ता है। अपनी शरीर की भाषा को भी सुधारें। आप लोगों के साथ कैसे बैठते हैं और कैसे चलते हैं, उसे सुधारें।

→ **पहनावा विवेक को सुधारें-**

पर्सनालिटी में ड्रेसिंग सेंस महत्वपूर्ण भूमिका निभाता है। लोगों के साथ व्यवहार को अच्छा रखें। अपने आत्मविश्वास को बढ़ाएँ। परिस्थिति के हिसाब से कपड़ों का चुनाव करना, ट्रेंड का ध्यान रखना, किसी सेलिब्रिटी डिज़ाइनर को फॉलो करना, कपड़ों के कलर कॉम्बिनेशन और कपड़ों की फिटिंग का ध्यान रखना, एक्सेसरीज को सही से चुनना और साथ ही साथ अपने पर्सनल हाइजीन और ग्रूमिंग पर ध्यान देना आदि।

- काव्या टहल्यानी, V B

Say Hello to Winters

Skin care-

1. Cucumber for reducing puffiness and replenishing skin:



ready to witness glowing skin results.

Method: All you need to do is to take one cucumber and two - three spoons of yogurt. Grind them into fine paste and apply it for above for ten minutes. Rinse off with cold water and get

2. Orange peel for detoxification:



Oranges are very rich in vitamin c which mainly helps in detoxification. To use it on your face, grind the dried peel of one orange with one table spoon of rose water. Apply the paste to your damp skin. Leave it for ten minutes and wash it off with water. See how it prohibits the growth of melanin leading to glowing skin.

3. Virgin coconut oil to soothe skin:



All you have to do is massage the oil on your face and allow it to soak for a few minutes before you wash your face with any cleanser. Also, this remedy is not for people having any allergy to coconut oil.

Healthy Food-



Jaggery or Gur is famous in India and is mostly consumed throughout the year. It helps improve digestion, purifies the blood and keeps you warm during winters. There are numerous health benefits tied to jaggery, like it regulates bowel movement, boosts metabolism and much more.



beneficial for the heart.

Ginger lowers osteoarthritis and drastically controls blood sugar levels. What's great about ginger is it drops cholesterol levels and fights infections. It also cures indigestion and is

-Sana Rawat, IX

Mind Bogglers

I have many teeth but I can't bite. I'm often used early but rarely at night.

I help you from your head to your toe. The more I work, the smaller I grow.

Are you the firstborn or last born? Studies indicate that the order you are born in can influence the type of personality you will have. It is common for firstborn children to be more responsible and better leaders while last-born children will have a more carefree personality who is more irresponsible and impulsive.

It is the study and collection of postcards. It is thought to be the third largest collectible hobby in the world, surpassed only by coin and stamp collecting.

Yawns were originally thought to be the soul escaping the body, the evil spirits entering, and a sign of the Plague.

Saying, Bless You when someone sneezes dates back to when Pope Gregory I commanded that anyone who sneezed must immediately be blessed, out of fear that it was a sign of the deadly Plague.

I'm used for cutting and grinding. When I'm damaged, humans usually remove me or refill me. For most animals I am a useful tool.

The word tennis comes from the French word 'tenez', pronounced teney, which meant 'take up position' or simply begin. The game began more than a thousand years ago. It was played by monks and known as jeu de paume or palm of the hand.

ANSWERS TO CROSSWORD AND MIND BOGGLERS WILL BE SHARED IN THE NEXT EDITION...

Student Editorial Board



Anjali Gupta, IX



Anushka Sharma, IX



Varun Kumawat, VIII



Kamakshi Gupta, VIII

Guidance and Support



Ms. Kiran Bhadoria



Ms. Priscilla Kullu



Ms. Manisha Saini



Ms. Chaitali Sengupta



Ms. Shilpi Bhatia